

Flaxseed Muffins

Ingredients

Makes 9-10 small muffins, about 160 calories each.

- ¾ cup all-purpose flour
- ¼ cup + 2 Tablespoons Flaxseed meal
- ¼ cup wheat germ
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup raisins

- ¾ cup grated carrots
- 1 apple, grated

- ¼ cup + 2 Tablespoons milk
- 1 egg
- 1 teaspoon vanilla extract
- ½ cup brown sugar

Mise en place! (Everything in its place)

Directions

1. Preheat oven to 350°. Grease muffin tins or use paper liners.
2. In large bowl, combine dry ingredients. Stir in raisins.
3. In small bowl, mix together carrots and apples.
4. In medium bowl, whisk together wet ingredients with brown sugar. Mix in carrot and apple mixture.
5. Make a well in center of dry ingredients and add wet mixture.
6. Mix gently just until moistened. Do not over mix.
7. Fill cups ¾ full. Bake 15-20 minutes until tops gently spring back.
8. Cool 10-15 minutes and remove from pan. Store any leftover in airtight container in the refrigerator.